

RETURN TO FRANK GIANNONE AFTER PROOFING

Must Remain in
Transcription Room

M 1949

Group IV Westtown

10/23/70

MUSIC

MR. NYLAND: It will be a little easier when we have () meetings and can meet here at 8:00 on Saturday. If the movements are at 5:30-, they can be over by 6:30 - quarter to seven. You have time to eat a little bit and you can be here by 8:00. It will fit in probably a little bit more, also it will give me an additional free day, you might call it, on Friday, that I don't have to worry. Maybe I worry a little too much, still. Still a little bit, looking at certain things on the desk and not being able to do it. I want to do it and I cannot. You excuse me I hope for that. I cannot help it.

I listened to last night - what will I say? Several of you were there. It was a good meeting. It was very good also for the after-meeting. Why do I think the aftermeeting is perhaps better? because the regular meeting you did not come prepared. You did not have questions. You didn't think about that meeting before you went. You just went. Work is not alive when even when you come to a meeting. A meeting is not a substitute for Work. The wish for Work of course a wish - what is a wish? I want something. That is a wish. I want something I haven't got.

I want it with all my heart. With everything I have. Sometimes at the expense of myself. If I can only have it I don't mind if I die. So strange, why question a wish/ which belongs to each person, a wish to live, a wish to open his eyes, not to sleep anymore, a wish to see someone, a wish to read a book, a wish to come to a meeting and talk, a wish to grow up.

(and?)

What is so difficult about wishes? And now/then it is a wish for Work; and for Work of course you have to have another idea, also however that you haven't got yet what you wish for. You have no consciousness, you have no 'I'. You have nothing really that is objective in you, in your state on Earth. We are on Earth and don't ever forget that. We have earthly attributes. We belong to it, as a gran--as a mother has a child which belongs to it. We were Born here on this Earth with a body, which will be claimed by Mother Nature again. Just temporary^{arily?} she is giving us a little atmosphere so that we can grow, so that the cells can divide and the body can grow up a little larger in order to become more manageable for ordinary life so that we don't have to crawl like animals or ~~mak~~ snakes but that we could stand up that we could become what we call a man, the acme of creation. On Earth all the time on Earth, with your feet on Earth having to do something, Work to find out what you want to do on Earth, first.

How often do I talk about that? You wish to continue to live, don't you? Otherwise you would kill yourself. You maybe sometimes very close to it, that the wish seems to have dropped out, but somehow or other it is difficult to stop your breathing, isn't it? You don't always dare to do that, because you have fear. You don't know what happens, will happen you don't know what is in store for you when you die. Don't you think it is wiser to find out before you do anything of that kind? It is strange probably that Work doesn't give you almost immediately an insight into the reason why you are alive. Still I think it is easy.

I am dissatisfied. I am unconscious and I hate the Earth which keeps me unconscious. Something in me tells me that I am not only that kind of a little bit of a creature. Something tells me that I want to be a man and I have the ability to become one. ~~With such ideas~~

With such ideas you come to a meeting; with that you start to ask questions. Maybe you hear like last night a little bit from ALL AND EVERYTHING and then a silence. Why a silence? What is alive in you? Do you know what you want? Do you think about them? We call it inner, inner life, to make it grow, even if your question was: how can I make my inner life grow, recognizing that it exists? Then a question: what is Work? It is a simple one, answer it simply and don't let them go astray. The answers were for two new people who don't know much, I would say who don't know anything, but are willing to find out what is Work when we talk about it.

What is the meaning of Urdjieff? What should we do? Tell them, what for? Tell them impartiality, which is freedom. The whole purpose of Work is to set oneself free. And we did do that and we reach it by means of the truth; and the truth is only truthful when it is also free from us. Personal interpretations of truth. Then it becomes a fact which is absolute and truthful and free from any interpretation, association, description, like or dislike, a statement, of existence. Now don't think this is so easy to do and it will be a long time particularly for those people who are just here and come, and they want to be fed and they have a right to be fed, they are anxious to learn how to eat. Give them enough to eat, and contradict them when they are not on the right road; contradict them when they think they know it already. They don't, neither do many of you, not even when you speak. The first one, I am sorry that the resume is a little garbled.

Don't take resumes like that. I think it was underrate. Don't.

Either yes all of the people on it or I cannot follow it. It is not right. Don't lose anyone and I hear a voice and I recognize it and it's not on the resume, it's quite useless. Sequence of people if you write down just the name of the person who speaks then perhaps I can hear it. Let the resume also be a little bit more honest, not slipshod. But then the first question I don't know. Who was it, Mary Taylor? I couldn't make out, such nonsense. Mary, where are ~~xx~~ you if you are here?

I wish to Work simply because I have an experience and the experience has a meaning. I would like to repeat it. I cannot repeat it. I cannot ask for the same experience because if I try, I take away from what should go into the wish for being aware, a certain amount of energy trying to describe what I wish. I cannot describe what I wish. I only can describe a desire to wake up; and no ability on my part to describe a state of consciousness I cannot do that with my unconscious mind. I cannot even feel it. I cannot even be that sensitive to know. But when I am awake or something in me is aware trying to remain awake, then I receive facts of that objective world and that concerns me in the first place is me, living in this subjective world.

I want facts about myself as a starting point. I want my life to be an open book. I don't want to make any mistake about any kind of an opinion I have of myself. I need a help of something that is already free, which I hope God will allow me to have. I pray for that, you see, after I think Jim mentioned that, settling the prayer to that which is one's father and mother have created one to that what is one's family, then to ask for oneself, for myself to be a man; a simple prayer, contact with the Lord, wishing to express that form

of religion in those terms ,wishing to dedicate for a moment and perhaps a little longer one's life, to a higher ~~form~~ form of being so that then ⁺ can start to learn what is me and what I should do and the facts I need are the truthful facts and I want to accumulate them and gradually get more information which I call self-knowledge and which becomes self- knowledge with a capital "S" when the ~~fact~~^s s I collect are impartial. My ordinary self with a small "s" is not impartial. When I wish to know what I am, I find out what it is that is life in me. I try to even to eliminate in my so- called vision or perception what is the form. I use my body to give to me the fact of my aliveness.

Don't make mistakes about certain statements and again and again I ask you to contradict them. Again Patrick, you did not understand Work and you cannot say that in a group unless it is contradicted. Work is easy to describe. Don't introduce certain thoughts of your own. ~~It~~ They don't belong there. Work can be described by several of you.

When the people come to a group of that kind ,come with questions which you have thought about, which you then can formulate so that you don't have long of waiting,waiting,waiting.Again I ask you , what for? If there is a desire for growth, why is it so difficult to let ~~the~~ that desire come out? Pretty soon when there is a meeting of that kind, if there is aliveness of your inner life, why can't it come out very simply?When a question has to be asked,formulate it in a way that it could be understood. "I want to know this and I want to know that and the answer is you do this and you do that.

We talk about Work. We don't talk about a lot of rigamarole of ordinary life. Keep it, keep it for a lovely tea party, ~~when~~^{when} you eat fool food and you can talk at great lengths. Concentrate at these meetings on Work as a method for the sake of wanting to become conscious

and to learn -how to ~~behave~~ become a man. That's all a meeting is for and that is what you should keep in mind all during the meeting. And your question should be adjusted to that. If you want to elucidate a little bit about what you have experienced while you made an attempt, while you honestly tried to create an "I", while you made really a serious matter of having this "I" become impartial towards you,

When you see his body and now wish to become aware of the body, that's what we were talking about Patrick, not about the existence. I know I think my thoughts can see that my arm moves but what is that? Just ordinary life. The question was, "Is there awareness possible which also gives me knowledge of my existence and is such knowledge superior?"

And of course, the answer is! It is superior. It is the only kind of knowledge that is useful because it's knowledge about which there is no question. It is knowledge then as fact which can be used for the foundation which is permanent for the building of something else which is not in existence, which even if it is potential, is not in existence for which Work has to be done in order to make it, like you have to build a house even if out of bricks when the bricks are in a heap, there is no house.

When you want to build a soul, there is no soul. You have to make it with the grace of the Lord in some way, in the image of, what? What is your God? The books can be very much more simple and I wish you would keep it in mind and I wish during the week, you would collect your questions for yourself and of course you will only have questions when you Work. You will not primarily have questions when you sit and read a little bit. That is fine. Go ahead and read. Even you can quote but what is you? Where are you in such attempts? As a matter of fact, what is you? This creature alive on earth being custodian of a life force, taking a responsibility because you find yourself with life.

That is the condition that is prescribed by nature, that you have life and that you maintain it, to the best of your ~~nature~~ knowledge for which you are educated and which we as an ordinary human being and also go to school are simply taught that you have to eat regularly, that you have to go to the washroom regularly, that you have to sleep enough, that you have to have decent food.

That is being taught, not that you get it but that is the wish, that air is not polluted, that there is room for each other, that we can actually remain conversion machines for the maintenance of the earth as a whole and we, as human beings, are just little parts fulfilling that function. But when I said a little while ago that a man must have some kind of assurance within himself, that there is much more to it than just what meets the eye, and that it is necessary to realize that something is alive in one also which ought to be developed; and that the chance exists that it can be developed in a simple way if one wishes and that the introduction of what we call objective freedom will set us free because it gives the truth about oneself. It all becomes so simple. One sits, one moves, you can close your eyes, the awareness can start for the totality of your existing, as life not based on memory, based on fact which at that moment comes to your notice and is registered and for which the words are, "I am." Not describing I am tall, I am black, I am busy, I am all kinds of things, No, very simple, "I am." And no more is necessary for the admittance of that fact, that life is within me and that is the only reality I can count on and what I wish. And the constant accumulation of the facts of my amness are enough after some time to have a perception of myself and a truthful one in which it is as if practically something of the outside is looking at me, the realization which I find within myself being what I am, as a creature, gradually changing the

"I amness" into the how I am, what it is that is me, then gradually in thinking, in coming to conclusions and having opinions, to be a little critical about myself in relation to an aim I have which aim is to become a harmonious man, to describe such aim when order to keep it clear in my mind, what is my aim? And then what is harmonious man? And what is needed in order to become harmonious and that when I say, when I am a man now striving to become harmonious, what is it that is becoming to me?

What belongs to that aim that I now must be and do and behave almost ~~xxxx~~ as if I already could be a harmonious man and make ~~attempts~~ attempts. This is how I criticize myself but I have to base it on facts which are not changeable any more, about which there is no difference in the opinion expressed intellectually, or a concept which is felt emotionally.; that I know one simple all the truth about myself, behaving as a human being with everything that I am made up of , the totality of my personality behaving unconsciously in the activities of ordinary life, and something that can tell me about myself gives me impartial information with which then I say I can build a house which can become permanent than my physical body, and when I wish to build a house of hot soul, I hope it will live forever and ever.

The meetings are right when you meet and talk. They are not right when there is too much silence. They are not right when you don't ~~pre~~ prepare. They are very good when you exchange particularly at the after meetings who said what, why, how, what did I say, all right, not so good. Did I understand such and such a person? I really don't-- didn't. I got stuck. I can say something about it next time, but that if you can help me so that I will know.

The search for a universal language, I've called it 'psychological esperanto', that one knows by what is meant by conscience and ~~and~~

consciousness and a man with a will but a man in the real sense of the word, behaving like a man, ready to meet God. These are the aims of ordinary life, the aim of ordinary life at the Barn, the aims for those who come here and are looking for impressions; the aim for those who want to come and work here, to assimilate it so that when they go home, they can remember and it was this and it was that, gradually describing for themselves a little foundation, small as it may be for them, but extremely important for themselves because I would almost say their future life depends on it.

We have obligations you know, to Gurdjieff even if you do not know it. The fact that ~~you know~~ you've heard about it gives you already an obligation to find out and to say either yes or no in accordance with your conscience; and that you try to live that in accordance with the five rules of objective morality. Take care of that. I give you a task. Each morning you read the five obligolnian strivings, if you can. You think you can penetrate, you read them slowly. Maybe you put them on the wall. You sit in front of them. You read every morning. You let it penetrate in such a way that when you turn around, there is still part of it within you, that you have taken it in, eaten it. I call it to use then what is there with you in your life and then to try to remember. The five strivings are like a melody. They strike not only a note. They are a quintessence in themselves. They have a quality which is far more than just a little bit of something existing. It is five times distilled. It is based on a firm foundation of what a man should be in ordinary life, even unconsciously and is based, first on the aspiration of a wish to understand the universe; and in the second place on the wish to become part, and help to carry the burden of his Endlessness, and if possible, to be able to communicate with each

other and to tell this is the road Try to follow it. You will not go wrong if you once can understand the meaning of true observation and Work on yourself and of yourself.

That's a task for everyone of us in the morning, just when you have gotten up and you are still rubbing ~~your eyes~~ the sleep out of your eyes and you stand straight, I hope and you take a deep breath and then you start to read , and if you can , aloud. I hope you can do it.

SIDE "2"

Will we talk more about Work? About the simplicity or explaining or will we talk about ordinary life, or will we talk about ambitions one has, ideals. what keeps you going when one says , "I want to live."

What is your aim of accomplishment? Are you satisfied a little bit? Do you want more? What is your capacity? Is there reason why you want more? Of what kind? What level? How much will you want to pay? Where is your balance for yourself of owing certain things to take place because you aim at something that you can obtain by means of letting things take place. Is it always clear? Do you doubt it once in a while and perhaps the payment is too much; that it is not worth while enough, payment in energy, payment as one grows older and expects from this life the greatest possible gift, to be able to be in this life do away with one's Karma once and for all; to find out what are the obstacles in one's life and to settle with them in full payment; to make Mother Nature write you a statement, a note, a cancellation of your promissory note upon demand. I will pay Mother Nature that what is required for having given me the opportunity to live on earth and now as I am ready to leave this earth, I do not want anything further to connect with Mother Nature since I leave her to her own devices because I want to build a soul further in different realms where that

where that what is given to me on the earth is not as yet sufficient. There are too many people who do not understand me. I wish to become what? Again and again have Mother Nature sign it. You are released from your present Karma. You take your Karma with you. You take them with you in a little different kind of a form. You will not be free just from a little bit of the earth belonging to you.

Your next step is just one step higher, Kesdjanian. There is also a Karma. There is also Work. There is also trying to understand bondage. There is also temporary existence of Karmatic bodies. It will die over some time. Since you have lost relationships for comparisons, the time will be the same as on earth. You will not know really the difference when you have in contact..... when you are and can be in contact with the earth, you will know the difference. It's only in relation to that what is lower and what is higher that you will have knowledge in relation to that what you are on the same level. You will have understanding.

Our striving on earth is exactly to make out of knowledge understanding. That means that that what are the differences what gives us a higher and lower form of that what one is so called striving for and out of which one comes, that that gradually disappears in a statement for oneself a condition which can be described as an understanding of relationships which are no relationships any longer of a dimensional world which is not dimensional of a time which is timeless, of a second which has been changed into a motion...a moment of time; so that then on that level, the understanding is that one knows once and for all, one need not go back. One may even at a certain time, take a little time off to sit and rest and look as if on a Sunday, you look at what has happened during the week, what has been the creation of your own world for yourself. What has changed? What is still there for you that may be next week has to be dealt.

You come to yourself in absoluteness in which infinity is you as you are, in the acceptance of that which you are without further descriptions, just as life existing. That is the Karma because by not understanding that, you have your Karma. By the understanding of that, so that, when that understanding gives you that freedom, your Karma is not there any longer. Your Karma can be solved on earth. When it is not solved and you are bound, it goes with you in a different form stepwise until finally the realization of infinity is clear to you. Maybe gradually one sees omnipresence. At least there is a possibility of such conception, One does not as yet know what is one's omniscience is quite late.

⁰ Omnipotent is a transitory stage of becoming more and more wilful in accordance with pre... prescriptions of consciousness and conscience. There is no more Karma. It is that description of a state nirvana which can take place on earth, for which a man is equipped as life, for which Mother Nature cannot object. We have in our hands, in our minds and in our heart a certain kind of knowledge which has to be tested and put to practice; and when it is tested out and has become eaten by us, and it has reached an understanding, it will give us the concept and the experience of freedom also on earth.

You don't have to wait for church. You don't have to wait for death. You don't have to wait for good friends. You don't have to wait for changed conditions. The time for infinity is now and there is no maybe about such a statement when it is now because in the now as a presence, all time of future and past is dissolved. This is really the aim for a person who wishes to Work. This is simply the description of harmony. This is the striking of the note and the balancing of the scale held by the judgement an opinion judge telling us a conscientious judge without judging but only seeing facts as they are,

about which the judge himself never could do anything, since he has to acknowledge objectivity.

That is what we wish, that kind of knowledge which is forever and ever, which then, of course, is the understanding of one's being. When you look at birth that way, when you look at the opportunities here and there in daily life, in that what we are trying to do as Barn activities, in all the different activities we are engaged in, part of the Barn or not, it doesn't matter at all, it is your life in which you divide a little bit of your time to pay Mammon and to give Mammon whatever its value is and to pay God whatever you think the value of God is and that you start to more and more to realize that this Karma cannot be understood unless you have made a payment to the Lord. He gave you Karma. He expects you to work with it. Karma is talent. Karma is a tremendous quantity of opportunities, all given to you freely. You don't have to pay for that. You can exchange them by buying goods. They even are a difficulty on the energy which is being spent. It even gives you a chance to accelerate the motion of yourself as a growth because the catalytic... catalytic influence of objectivity.

I wish you would think and ponder that you would take things apart and put them together again, that you would come to a resolution every once in a while for one day and the next day and another; that you change your opportunities as often as you wish so as not to make them stale; that when you wake up in the morning, it can be with a different attitude.

The sun moves at the present time from one place to the other. It is not the same every morning. It is in a different place, a little closer this time, perhaps, to the south, because there are other parts of the world which have to be warmed now and we have to be a little colder. This is the meaning of the differences of manifestations of

man which, when they are as expressions of the earth, and as a man lives, his personality, subject to three transalpanian perturbations. The first one, when he is born on this earth which disturbs his life. The second, is when his essence has sunk down like Atlantis and he has started to consider himself a personality. The third. when everything that he has been used to and was genuine grad.... gradually became covered up with the fruits of the civilization of the culture in which we live, that by simply that kind of building, gradually of certain things that belong to the earth itself, which at a certain time could topple over and will be affected by the conditions of the planets and the atmosphere touching ours, create within a man upheavals of an unusually kind, and will cause him to suffer; and that for that reason, it is necessary to understand how within a man, there can be still water when on top of the ocean there may be a storm.

The depth of a man is measured by his equilibrium which is not disturbable. The depth is measured by the speed of his gyroscope which when it has reached a homogeneous speed, will not waver and never change its pole and direction of activity; that what then a man must realize is that although the sun moves up and down, that within himself, he can count on the steadfastness of his soul when it is built so that all the different perturbations and manifestations and moonlight can gradually disappear for a man when he wants to grow up finally to be able to say farewell to the world as a whole and to enter into new spheres where different duties will give him more understanding of how to meet the conditions still existing at certain places in the universe and helping then to alleviate the suffering of the Lord God Almighty.

To Gurdjieff who taught us. So I wish you a good evening

further, and a good nights rest and may you wake up tomorrow refreshed
and with a great desire ,if you come to the Barn, to try to keep yourself
in focus of your "I". Goodnight.